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FOOD

for

FITNESS

A

DAILY FOOD  
GUIDE

LEAFLET NO. 424

U. S. DEPARTMENT OF AGRICULTURE



FOOD FOR FITNESS

# A Daily Food Guide



## MILK GROUP

Some milk for everyone

Children under 9 . 2 to 3 cups  
Children 9 to 12 . 3 or more cups  
Teenagers . . . . 4 or more cups  
Adults . . . . . 2 or more cups

## MEAT GROUP

2 or more servings

Beef, veal, pork, lamb,  
poultry, fish, eggs

As alternates—  
dry beans, dry peas, nuts

## VEGETABLE FRUIT GROUP

4 or more servings

Include—

A citrus fruit or other fruit or vegetable  
important for vitamin C  
A dark-green or deep-yellow vegetable for  
vitamin A—at least every other day  
Other vegetables and fruits, including  
potatoes

## BREAD CEREAL GROUP

4 or more servings

Whole grain, enriched, or restored

Plus other foods as needed to complete meals  
and to provide additional food energy and other  
food values



# A Daily Food Guide

Each day our food should supply us with many different nutrients—

- Protein for growth and for repair of the body.
- Minerals and vitamins for growth and to keep the body functioning properly.
- Fat and carbohydrate for energy.

Most foods contain more than one nutrient. But no single food contains all the nutrients in the amounts we need. Therefore, choosing foods wisely means selecting kinds that together supply nutrients in the amounts needed.

This Daily Food Guide is one way to choose food wisely. With it, you can get the nutrients needed from a variety of everyday foods.

## HOW TO USE THIS GUIDE

In using this Daily Food Guide you select the main part of your diet from four broad food groups. To this you add other foods as needed to make your meals more appealing and satisfying.

Some pointers to guide you in using this plan:

- Choose at least the minimum number of servings from each of the broad food groups.

Serving sizes may differ—small for young children, extra large (or seconds) for very active adults or teenagers. Pregnant and nursing women also require more food from these groups.

- Make choices within each group according to suggestions given on the following pages. Foods within each group are similar, but not identical, in food value.



- Choose the additional foods to round out your meals both from foods in the four groups and from foods not listed in these groups. These additional foods should add enough calories to complete your food energy needs for the day. Children need enough food energy to support normal growth; adults need enough to maintain body weight at a level most favorable to health and well-being.
- Try to have some meat, poultry, fish, eggs, or milk at each meal.



## VEGETABLE-FRUIT GROUP

### Foods Included

All vegetables and fruit. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

#### *Sources of Vitamin C*

**Good sources.**—Grapefruit or grapefruit juice; orange or orange juice; cantaloup; guava; mango; papaya; raw strawberries; broccoli; brussels sprouts; green pepper; sweet red pepper.

**Fair sources.**—Honeydew melon; lemon; tangerine or tangerine juice; watermelon; asparagus tips; raw cabbage; collards; garden cress; kale; kohlrabi; mustard greens; potatoes and sweetpotatoes cooked in the jacket; spinach; tomatoes or tomato juice; turnip greens.

#### *Sources of Vitamin A*

Dark-green and deep-yellow vegetables and a few fruits, namely: Apricots, broccoli, cantaloup, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweetpotatoes, turnip greens and other dark-green leaves, winter squash.

### Contribution to Diet

Fruits and vegetables are valuable chiefly because of the vitamins and minerals they contain. In this plan, this group is counted on to supply nearly all the vitamin C needed and over half of the vitamin A.

Vitamin C is needed for healthy gums and body tissues. Vitamin A is needed for growth, normal vision, and healthy condition of skin and other body surfaces.

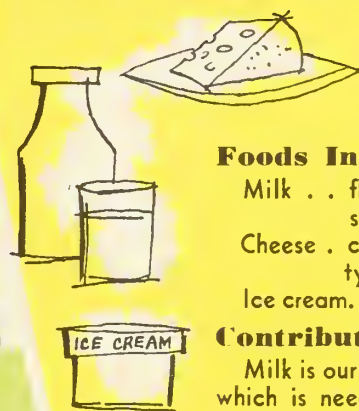
### Amounts Recommended

Choose 4 or more servings every day, including:

- 1 serving of a good source of vitamin C or 2 servings of a fair source.
  - 1 serving, at least every other day, of a good source of vitamin A.
- If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

The remaining 1 to 3 or more servings may be of any vegetable or fruit, including those that are valuable for vitamin C and vitamin A.

Count as 1 serving:  $\frac{1}{2}$  cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, half a medium grapefruit or cantaloup, or the juice of 1 lemon.



### Foods Included

Milk . . . fluid whole, skim, dry, buttermilk  
 Cheese . . . cottage; cream type—natural or lowfat  
 Ice cream.

### Contribution to Diet

Milk is our leading source of calcium, which is needed for bones and teeth. It also provides high-quality protein, riboflavin, vitamin A, and other nutrients.

### Amounts Recommended

Some milk every day for all ages.  
 Recommended amounts are given below in terms of whole fluid milk.

Children under 9 . . . . .  
 Children 9 to 12 . . . . .  
 Teenagers . . . . .  
 Adults . . . . .  
 Pregnant women . . . . .  
 Nursing mothers . . . . .









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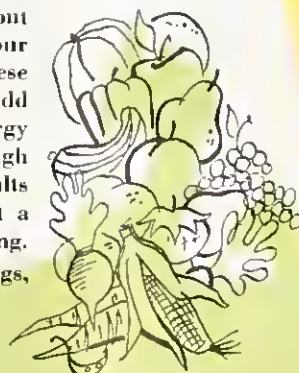
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Serving sizes may differ—small for young children, extra large (or seconds) for very active adults or teenagers. Pregnant and nursing women also require more food from these groups.

- Make choices within each group according to suggestions given on the following pages. Foods within each group are similar, but not identical, in food value.

- Choose the additional foods to round out your meals both from foods in the four groups and from foods not listed in these groups. These additional foods should add enough calories to complete your food energy needs for the day. Children need enough food energy to support normal growth; adults need enough to maintain body weight at a level most favorable to health and well-being.
- Try to have some meat, poultry, fish, eggs, or milk at each meal.



## VEGETABLE-FRUIT GROUP

### Foods Included

All vegetables and fruit. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

#### Sources of Vitamin C

**Good sources.**—Grapefruit or grapefruit juice; orange or orange juice; cantaloup; guava; mango; papaya; raw strawberries; broccoli; brussels sprouts; green pepper; sweet red pepper.

**Fair sources.**—Honeydew melon; lemon; tangerine or tangerine juice; watermelon; asparagus tips; raw cabbage; collards; garden cress; kale; kohlrabi; mustard greens; potatoes and sweet potatoes cooked in the jacket; spinach; tomatoes or tomato juice; turnip greens.

#### Sources of Vitamin A

Dark-green and deep-yellow vegetables and a few fruits, namely: Apricots, broccoli, cantaloup, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweet potatoes, turnip greens and other dark-green leaves, winter squash.

### Contribution to Diet

Fruits and vegetables are valuable chiefly because of the vitamins and minerals they contain. In this plan, this group is counted on to supply nearly all the vitamin C needed and over half of the vitamin A.

Vitamin C is needed for healthy gums and body tissues. Vitamin A is needed for growth, normal vision, and healthy condition of skin and other body surfaces.

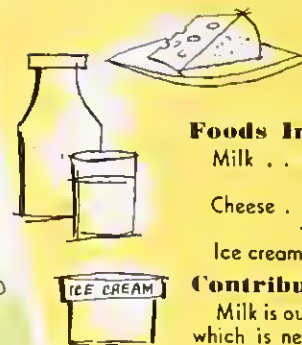
### Amounts Recommended

Choose 4 or more servings every day, including:

- 1 serving of a good source of vitamin C or 2 servings of a fair source.
  - 1 serving, at least every other day, of a good source of vitamin A.
- If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

The remaining 1 to 3 or more servings may be of any vegetable or fruit, including those that are valuable for vitamin C and vitamin A.

Count as 1 serving: 1/2 cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, half a medium grapefruit or cantaloup, or the juice of 1 lemon.



## MILK GROUP

### Foods Included

Milk . . . fluid whole, evaporated, skim, dry, buttermilk.  
Cheese . . . cottage; cream; cheddar-type—natural or processed.  
Ice cream.

### Contribution to Diet

Milk is our leading source of calcium, which is needed for bones and teeth. It also provides high-quality protein, riboflavin, vitamin A, and many other nutrients.

### Amounts Recommended

Some milk every day for everyone. Recommended amounts are given below in terms of whole fluid milk:

	8-ounce cups
Children under 9 . . . . .	2 to 3
Children 9 to 12 . . . . .	3 or more
Teenagers . . . . .	4 or more
Adults . . . . .	2 or more
Pregnant women . . . . .	3 or more
Nursing mothers . . . . .	4 or more

Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk, or dry milk.

Cheese and ice cream may replace part of the milk. The amount of either it will take to replace a given amount of milk is figured on the basis of calcium content. Common portions of various kinds of cheese and of ice cream and their milk equivalents in calcium are:

1-inch cube cheddar-type cheese	= 1/2 cup milk
1/2 cup cottage cheese	= 1/3 cup milk
2 tablespoons cream cheese	= 1 tablespoon milk
1/2 cup ice cream	= 1/4 cup milk

## MEAT GROUP

### Foods Included

Beef; veal; lamb; pork; variety meats, such as liver, heart, kidney.  
Poultry and eggs.  
Fish and shellfish.

As alternates—dry beans, dry peas, lentils, nuts, peanuts, peanut butter.

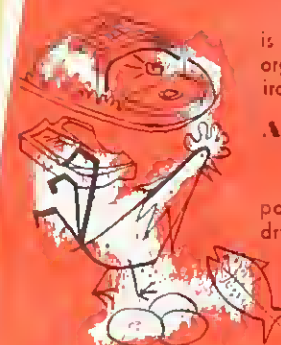
### Contribution to Diet

Foods in this group are valued for their protein, which is needed for growth and repair of body tissues—muscle, organs, blood, skin, and hair. These foods also provide iron, thiamine, riboflavin, and niacin.

### Amounts Recommended

Choose 2 or more servings every day.

Count as a serving: 2 to 3 ounces of lean cooked meat, poultry, or fish—all without bone; 2 eggs; 1 cup cooked dry beans, dry peas, or lentils; 4 tablespoons peanut butter.





## **BREAD-CEREAL GROUP**

### **Foods Included**

All breads and cereals that are whole grain, enriched, or restored; *check labels to be sure.*

Specifically, this group includes: Breads; cooked cereals; ready-to-eat cereals; cornmeal; crackers; flour; grits; macaroni and spaghetti; noodles; rice; rolled oats; and quick breads and other baked goods if made with whole-grain or enriched flour. Parboiled rice and wheat also may be included in this group.

### **Contribution to Diet**

Foods in this group furnish worthwhile amounts of protein, iron, several of the B-vitamins, and food energy.

### **Amounts Recommended**

Choose 4 servings or more daily. Or, if no cereals are chosen, have an extra serving of breads or baked goods, which will make at least 5 servings from this group daily.

Count as 1 serving: 1 slice of bread; 1 ounce ready-to-eat cereal;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

## **OTHER FOODS**

To round out meals and to satisfy the appetite everyone will use some foods not specified—butter, margarine, other fats, oils, sugars, or unenriched refined grain products. These are often ingredients in baked goods and mixed dishes. Fats, oils, and sugars are also added to foods during preparation or at the table.

These “other” foods supply calories and can add to total nutrients in meals.

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